

HAWC TALK

5-a-day the produce way

BY TRISHA JOST

Health and Wellness Center

Spring is almost here, and this is a fantastic time to get in your 5-A-Day. 5-What-A-Day? 5-Fruits-and-Vegetables-A-Day!

The National Cancer Institute and the Produce for Better Health Foundation developed *The 5 A Day for Better Health* program “to increase Americans’ consumption of fruits and vegetables to an average of five or more servings a day to improve the health of Americans.”

According to the latest research, people who eat five or more daily servings of fruit and vegetables have half the chronic disease risk for cancer, heart disease, and stroke than those who eat fewer fruits and vegetables.

Taking the 5-A-Day challenge is not hard as many may think.

Filling your grocery cart? Choose plenty of fresh fruits and vegetables. Go for a variety of vivid colors, experimenting with the



unfamiliar.

Not sure how to prepare those exotic fruits and vegetables? The produce section of most stores features a number of recipe cards corresponding to various fruits and vegetables.

Besides fruit and vegetables, look for other items in the produce department: fresh herbs, sun-dried tomatoes and dried fruit.

How about topping your favorite cereal with some fresh blueberries and strawberries or adding a low-fat salad to lunch? When dining out, substitute black beans or extra vegetables for fried potatoes.

Be adventurous and give a vegetarian dish a try. Feeling brave?

Attempt this delicious entrée in your own kitchen:

Spinach sautéed with raisins

- ¼ cup raisins
- ¼ cup pine nuts or slivered almonds
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, finely chopped
- 1 clove garlic
- 2 lb spinach leaves, tough stems removed and leaves well rinsed
- salt and freshly ground black pepper or cayenne pepper

Put the raisins in a small heat-proof bowl and add boiling water to cover. Cover the bowl and leave to plump for about 10 minutes.

Drain and set aside.

Toast the nuts by heating them gently in a dry small, heavy frying pan over medium heat, tossing them every so often as they become golden and fragrant, 2-4 minutes, be careful not to burn. When toasted, pour onto a plate.

In a frying pan, heat the olive oil over medium heat. Add the onion and sauté lightly until golden, about 5-8 minutes. Add the garlic and sauté for 1 minute longer. Remove the pan from the heat and set aside.

Put the spinach with just the rinsing water clinging to the leaves in a saucepan over medium-high heat, cover, and cook until the spinach is bright green and wilted, 1-2 minutes. Remove from the heat and drain well in a sieve, pressing the spinach with the back of a spoon to remove excess moisture.

When the spinach is cool enough to handle, chop it coarsely.

Add the spinach, drained raisins, and pine nuts to the onion and garlic in the frying pan and return to medium heat. Stir until the spinach and onion are heated through, 1-2 minutes.

Season to taste with salt and pepper. Serve hot or at room temperature.

DENTAL HEALTH

Sealants: preventative care for children’s teeth

BY STAFF SGT. JESSICA C. KREIMOYER

377th Dental Squadron

Most parents are aware that brushing and flossing their child’s teeth is a good way to prevent cavities. What most don’t know are the preventive measures offered by sealants.

Sealants are used to protect your child’s back teeth from cavities. Sealants are a thin plastic coating applied to the chewing surface of the back teeth. Sealants fill the tiny fissures and grooves where a toothbrush cannot reach but where food, bacteria, and decay can sit untouched.

Placing sealants is quick and easy. First, the tooth is cleaned and dried. Next, a conditioner is applied to the tooth to enable the sealant to bond to the tooth. Then, the liquid sealant is placed in the grooves of the tooth and is cured by a special light or self cures into a hard shell.

The tooth is now guarded against food, bacteria and decay getting trapped in the deep grooves where a toothbrush cannot reach.

Sealants are generally placed on the upper and lower permanent back teeth (molars and premolars). At ages 6-7, the first perma-

nent molars erupt and are ready to receive sealants. Then from ages 10-13, the second permanent molars and premolars erupt, and this is an ideal time to place sealants on these teeth.

Sealants can be placed on baby teeth if a child tends to get a lot of cavities.

The benefits of sealants are great.

★ They prevent cavities.

★ Sealants are much less uncomfortable and invasive for your child than fillings or a root canal (after decay is already present).

★ Sealants can last many years and are checked during your child’s annual exam. If a sealant becomes damaged it can be replaced easily.

★ An increasing number of insurance companies are recognizing the benefits of sealants, and are covering them for your children. So, ask your insurance company if they pay for sealants.

During your child’s next annual exam, ask your dentist if your child would benefit from sealants.

Though sealants are an excellent way to prevent cavities on biting surfaces, the best way to keep all surfaces of the child’s teeth from decaying is to brush three times a day and floss once a day, everyday.

AFRICAN-AMERICAN HISTORY

Sharing our heritage: African-Americans in sports and entertainment

ERNIE DAVIS

First African-American Heisman Trophy Winner (1961)

At 6’2” and 212-pounds, Ernie Davis played left half-back for Syracuse University. He was the first African-American to win the Heisman Trophy.

He successfully completed the 1961 season with 823 yards on 150 carries, averaging 5.5 yards per carry. He scored 15 touchdowns, totaling 94 points, and led Syracuse with 16 catches for 157 yards. In addition, he broke Jim Brown’s rushing record with 3,414 yards rushing, 220 points and 35 touchdowns.

Davis was signed by Cleveland for then an astounding \$80,000. Unfortunately, he was struck with leukemia before his first game and passed away on May 18, 1963, after a 16-month battle for survival.

Davis was elected to the National Football Foundation and College Hall of Fame in 1979.

SOURCE: Ernie Davis: The Elmira Express, the Story of a Heisman Trophy Winner by Robert C. Gallagher

WILLIE O’REE

National Hockey League Player

As a youngster growing up in Fredericton, New Brunswick, Willie O’Ree dreamed of someday playing in the National Hockey League. Excelling in numerous sports, his true love was always hockey.

In 1958 he broke the color line when he skated onto the ice for the Boston Bruins. He continued playing

Ernie Davis



Marian Anderson

professional hockey on teams such as the Los Angeles Blades and the San Diego Gulls. His professional career spanned 23 seasons.

SOURCE: The Autobiography of Willie O’Ree: Hockey’s Black Pioneer by Willie O’Ree

MARIAN ANDERSON

First African-American Singer to Perform with the NY Metropolitan Opera

Philadelphia native Marian Anderson was born on Feb. 27, 1897. Amazingly gifted, Ander-

Willy O’Ree



Hal Jackson

son was not as successful in America because of discrimination. Thus, she moved to Europe to win her fame and became globally recognized as a magnificent singer.

In 1939, the Daughters of the American Revolution turned her down when she sought to perform at Con-

stitution Hall in Washington. In support of Anderson, Eleanor Roosevelt resigned from the DAR in protest.

Anderson later performed at this venue on Easter Sunday to an audience of 75,000 people. On Jan. 7, 1955, she performed at the Metropolitan Opera in New York City and became the first African-American to perform at America’s most highly esteemed opera house where she performed the role of a fortuneteller in an opera by Italian composer Giuseppe Verdi, entitled Un Ballo in Maschera.

Anderson also performed before the royalty of the world during her career, which spanned 30 years.

SOURCE: www.americaslibrary.gov/jb/modern/jb_modern_anderson_1.html

HAL JACKSON

First Minority Inducted into the National Association of Broadcasters Hall of Fame First African-American Radio Announcer in Network Radio, Inducted into the Radio Hall of Fame and host of a Jazz Show on the ABC network First Person to Broadcast from a Theatre Live First to Broadcast Live from New York into Japan

Hal Jackson became one of the most important radio personalities of all time. In 1939, Jackson approached radio station WINX in Washington, D.C. and pro-

posed a radio show. The management emphatically refused.

However, focused and determined to succeed, Jackson purchased airtime through a wholesale buyer of radio airtime. He interviewed pioneering African-Americans during his talk and music program, highlighting achievements of the community.

Because of his show’s growing popularity, within six months, Jackson was able to buy airtime and sell ads on three additional stations in different cities.

In the early 1940s, Jackson organized an African-American basketball team, Washington Bears, to win the World’s Professional Basketball Championship—equivalent to the NBA in the 1943-44 season. He also began the Good Deed Club, which donated toys, money, books and volunteers to hospitals and others.

In the spring of 1949, Jackson’s television variety show premiered. As the first African-American announcer on network radio, he attracted the largest radio audience in the world at that time.

Jackson continued to succeed in television as well, hosting a Sunday morning children’s show, Uncle Hal’s Kids Show.

Through the years, Jackson’s civic works became legendary. Jackson was the first African-American inducted into the Broadcast Hall of Fame, and several presidents honored him with special achievement awards.

SOURCE: The House that Jack